

School for Christian Growth January 2020 Short Term

**Tuesday evenings 6:45 p.m.–9:00 p.m.
January 7 and January 21, 2020**

Optional follow-up class after church on Sunday, February 23

Anyone who would like to bring their own dinner is welcome to join us to eat dinner together at 6:45. The class will begin at 7:30 and end at 9:00.

Sign up on the clipboard in the sign-up area just outside the sanctuary or by emailing [marciasprague\(at\)mindspring.com](mailto:marciasprague@mindspring.com). Required text: *How to Break Up with Your Phone* by Catherine Price. Please indicate whether you would like to purchase the book at Busboys and Poets across the street (where we can order copies) or buy the book some other way.

Getting a Grip: Bringing Awareness to Our Use of Smartphones, Social Media, and the Internet

Led by David Novello and Erica Lloyd

Smartphones, introduced only 12 years ago, allow us to do many things we could not have imagined earlier. At the same time, they were designed to addict, and there is no doubt that many people cannot break away from them. The same is true for social media and the Internet in general. There is increasing evidence that as a result our attention spans are shorter and we are suffering in various ways. In this two-night class, we will consider how paying attention can help us to act with more intention, in a way we wish.

Class participants will complete the first 16 days of the 30-day program in the short and inexpensive book *How to Break Up with Your Phone*, by Catherine Price, and will be expected to have read some of it before the first class. The book's exercises are not time-consuming, but awareness and discipline are required to get the most out of the class. Because there will be two weeks between the two sessions, we will have time to complete over half the program, and will discuss in class what has arisen for us. Everyone will be encouraged to finish the program on their own afterwards. On Sunday, Feb. 23, there will be an optional gathering after service to talk about our efforts and what may have changed for us. Everyone will need to have completed a short amount of reading in the book before the first class.